

# CW SPORTSPLEX WEIGHT ROOM RE- OPENING October 19, 2020



The Weight Room will gradually resume operations beginning Monday, October 19. Due to COVID-19, our facility will look and operate much differently than before. Certain rules and protocols have been put into place to ensure our members, staff and visitors remain safe and healthy.

Masks are required throughout the facility, in the change rooms/washrooms and while walking from equipment to equipment. Masks are encouraged but not required while actively engaged in physical activity (ie. using a piece of equipment, performing exercises).

Porous equipment (foam rollers, straps, etc) have been removed due to the issues with properly disinfecting this type of equipment.

Fans and equipment with fans (rowing Machine) have been removed to reduce the dispersion of droplets.

We have expanded the weight room into the Aerobics Room to help space out equipment to maintain physical distance. The equipment in the Aerobics Room has been approved for use on the sprung floor. Do not move equipment from other areas of the weight room to this area without approval from staff.

Due to the new restrictions and limited time slots, Weight room memberships will remain on hold unless otherwise specified by the member. Please call 519-846-9691 x903 if you wish to reinstate your weight room membership. The cost to register for a timeslot is \$6.00.

## PRE-REGISTRATION IS REQUIRED

Time slots can be booked seven days in advance and up to 30 minutes before start time. Phase 1 Time Slots available: 9:15–10:30 am, 10:45 am–12:00 pm, 12:15–1:30 pm, 2:00–3:15 pm

Register Here:

<https://ca.apm.activecommunities.com/centrewellington/Home>

## PHASE 1

- 7 People maximum in Weight Room
- 4 people maximum in change room
- Limited time slots available
- Pre-registration required
- Increased cleaning by users and staff
- Saunas, Lockers and Showers closed
- Increased space to allow for physical distancing

## NEW PROCESS

1. Register online for a time slot
2. Park at the front of the Sportsplex, enter through the main doors, dressed in active wear, no more than 5 minutes before your start time
3. Check in at front desk to be granted access to the weight room
4. Change rooms will be available to remove/put on outerwear
5. Users must clean equipment before and after use
6. Check out at the front desk before exiting through the main doors